

TUALATIN HILLS SHORT COURSE YARDS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-S009

Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool
15707 SW Walker Rd.
Beaverton, Oregon

6 lanes competition-electronic timing
Continuous warm-up/down area

DATE: Saturday Nov 9, 2013

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet director: Julie Andrade • 503-649-3839 • andradejuliea@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2013 registration card with this form.

ENTRY DEADLINE: POSTMARK NO LATER THAN WEDNESDAY OCTOBER 30, 2013



NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2013 USMS # _____
USMS CLUB (OREG, DUCK, PSM, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 1650 FREESTYLE WILL BE POSITIVE CHECK-IN AND DECK SEEDED. CHECK-IN OPENS AT 8AM AND CLOSES AT 8:30AM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.**

Saturday November 9, 2013

1650 FREE (1) _____ : _____ . _____

***BREAK* (event #2 will not begin before 10:30am)**

100 BACK (2) _____ : _____ . _____

200 FLY (3) _____ : _____ . _____

50 BREAST (4) _____ : _____ . _____

100 IM (5) _____ : _____ . _____

FREE RELAYS (6-11)

*** BREAK***

100 FREE (12) _____ : _____ . _____

200 BACK (13) _____ : _____ . _____

50 FLY (14) _____ : _____ . _____

MIXED MEDLEY RELAYS (15-16)

*** BREAK***

100 BREAST (17) _____ : _____ . _____

200 FREE (18) _____ : _____ . _____

50 BACK (19) _____ : _____ . _____

200 IM (20) _____ : _____ . _____

MIXED FREE RELAYS (21-23)

BREAK

100 FLY (24) _____ : _____ . _____

200 BREAST (25) _____ : _____ . _____

50 FREE (26) _____ : _____ . _____

MEDLEY RELAYS (27-30)

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072